

restaurant *guide*

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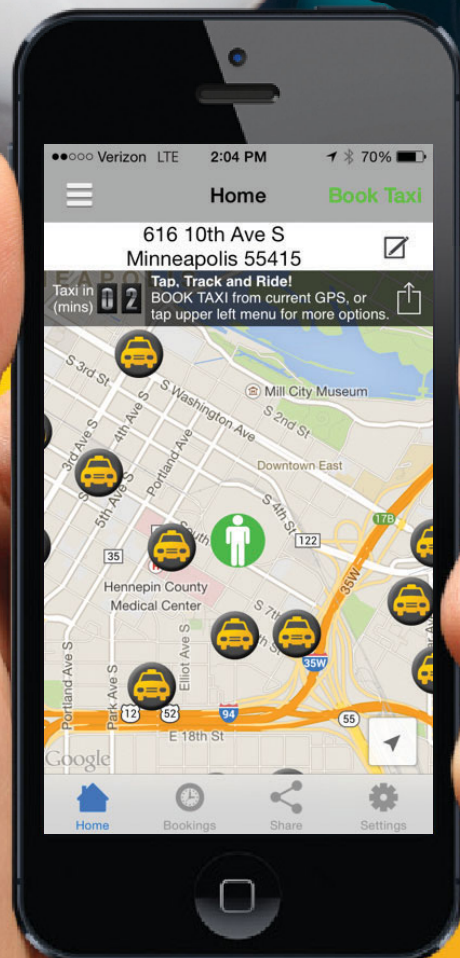


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By Mecca Bos



On the cover



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THE NEW SOUTHWEST

Saguaro brings a well-balanced take on traditional Mexican to South Minneapolis

Is it possible to take the rich culinary traditions of Southern Arizona and Northern Mexico, add a dash of Lebanese brightness and a healthy dollop of down-home Minnesota sensibility, and produce a dining experience that is at once crave-worthy, inventive and comforting?

That is the question that owner Mandy Abdo Sheahan and chef Rich Harrison attempt to answer every day at Saguaro, their cozy neighborhood gem in South Minneapolis.

“We call it Az-Mex,” Abdo explains of her restaurant’s style, admitting the term was invented to describe Saguaro’s unique blend of flavors. “It’s lighter and more subtle than traditional Tex-Mex, richer and more robust than Cal-Mex. It’s complex but very approachable—a lot like our inspiration.”

That inspiration is Abdo’s grandmother, who was born to a Lebanese family in Arizona and grew up in Tucson, then transplanted to Minnesota where she raised a large, rambunctious and multi-talented family on Minnehaha Parkway, just a stone’s-throw from Saguaro’s current location at 53rd & Lyndale.

IT’S ALL ABOUT FLAVOR

Saguaro’s food is familiar but elevated; comforting but skillfully executed. The menu’s core is tacos—a nice variety of quality ingredients well-seasoned and attractively presented on fresh, locally-made tortillas (your choice of corn or flour). The options rotate with the season, so occasionally favorites will fall off the menu (closed caption to Chef Rich: bring back the roasted mushroom!), but there is always a nice array of choices ranging from traditional (steak, chicken) to adventurous (octopus!).

Beyond tacos, the menu offers a generous slate of entrees that include classic Mexican dishes—fajitas, enchiladas, and the best tamales in Minnesota (a subjective but easily defensible opinion)—as well as items that are just plain fun—the shrimp/scallops and grits is a rich and savory non-sequitur that somehow works.

The creativity doesn’t stop with the food. Saguaro takes advantage of its full liquor license to craft a number of margaritas that pair perfectly with their distinctive cuisine.

A FAMILY AFFAIR

That Abdo has managed to marshal a welcoming and successful restaurant in the Twin Cities might be more genetics than luck or skill. Her mother (who is co-owner of Saguaro) has been satisfying hungry Twin Cities diners in one form or another since the 1970’s when she ran a pita bread sandwich shop on St. Anthony Main.

Between her father (Nicollet Island Inn) and her brothers (My Burger) the family has got your food choices covered from casual to fine dining.

And in her spare time, Abdo and her cousin Tina can be found at the Great Minnesota Get-Together doling out slabs of bacon-on-a-stick to an eager and drooling horde at Big Fat Bacon.

But if you’re looking for everyday dining that offers complex but well-balanced flavors and quality, scratch-made dishes all wrapped up in a cozy neighborhood setting, Saguaro is hard to beat.

Throw in a margarita or two and you might have the perfect dinner.

CHIMICHANGA

A mountain of beans, cheese, herbed rice, salsa, and a choice of protein wrapped in a tortilla and deep-fried

paired with

DUCK SOPES

Confit of duck served on pillow sweet potato cakes

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ROASTED CARROT TACO

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paired with

PRICKLY PEAR MARGARITA

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THE DESPERADO

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St. Paul's Strip Club Meat & Fish to close July 1: 'We're throwing a six-month party'

The changing of the guard continues. Over the past few months, we've seen some of Minneapolis' most definitive restaurants close, including Middle Eastern finer dining destination Saffron, bistro gem Grand Cafe, and, soon, the one-of-a-kind Piccolo.

Come July 1, you can add a St. Paul favorite to the list: Strip Club Meat & Fish. Co-owners Tim Niver and J.D. Fratzke recently announced the impending closure of their popular steakhouse.

"We just thought we'd let everybody go to the cabin and the beach," Fratzke says by phone, a cheeky explanation for their decision to not renew their lease after 10 years in business.

In reality, both partners have recently taken up other projects: Niver at the small but very mighty Mucci's in St. Paul; both partners at Saint Dinette; and Fratzke at an upcoming venture, City House, in partnership with Matty O'Reilly of Republic fame.

"It's like moving out of the house where your kids grew up," Fratzke says. He's feeling "good" about the obviously difficult decision, but anyone who knows Strip Club knows it was never just any restaurant.

The two partners opened a steakhouse that's not exactly a steakhouse—in a strange but beautiful old building, in a difficult-to-sell part of east St. Paul—and made it work for a decade. In that time, the place became a beloved sanctuary for many, and reflecting on those relationships and friendships chokes the chef up.

"You can't be a good chef unless you have a larger life," Fratzke says. He's known for late-night musings and social media poetry fueled by the haze of aching legs, music, wine, and grease after long shifts at his decade-long cooking home.

Strip Club will throw its "six month party" until July 1. Niver and Fratzke hold the lease through the end of that month, and say they'll host private "Strip Club-style" parties for anyone looking to rent out the space.

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—MECCA BOS

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7 places to find great barbecue right now (and what to get once you're there)

Our food scene tends to be like a hive mind, where all at once we notice a need, and then swarm to fill it. It's as if everybody simultaneously pocketed the best smoked meats recipes on the way back from their vacation down South.

Below find seven great spots, some old, some new, some familiar, some less so, but all smoky, meaty (and sometimes veggie), and worth a look.

Q FANATIC

Charlie Johnson is a man who was once deeply in love with Italian food (and who isn't, really?), but then wham! The Atkins diet hit America like a slab of bacon hitting the pan. Every man and woman was swearing off pizza and pasta like they were the anti-Christ. So what was Johnson to do? Change aisles, naturally. And we're pretty ecstatic that he did. Applying the cheffy skills he learned in European-style cuisine, Q Fanatic is an amalgam of what Johnson thinks of as the best specialties from every region—Texas-style brisket, Memphis dry-rub ribs, Kansas City-style sauces. We're also quite partial to the cinnamon and sugar-tinged chicken wings, which they try not to run out of because customers throw a fit if they do. Go and see what the dust-up is all about.

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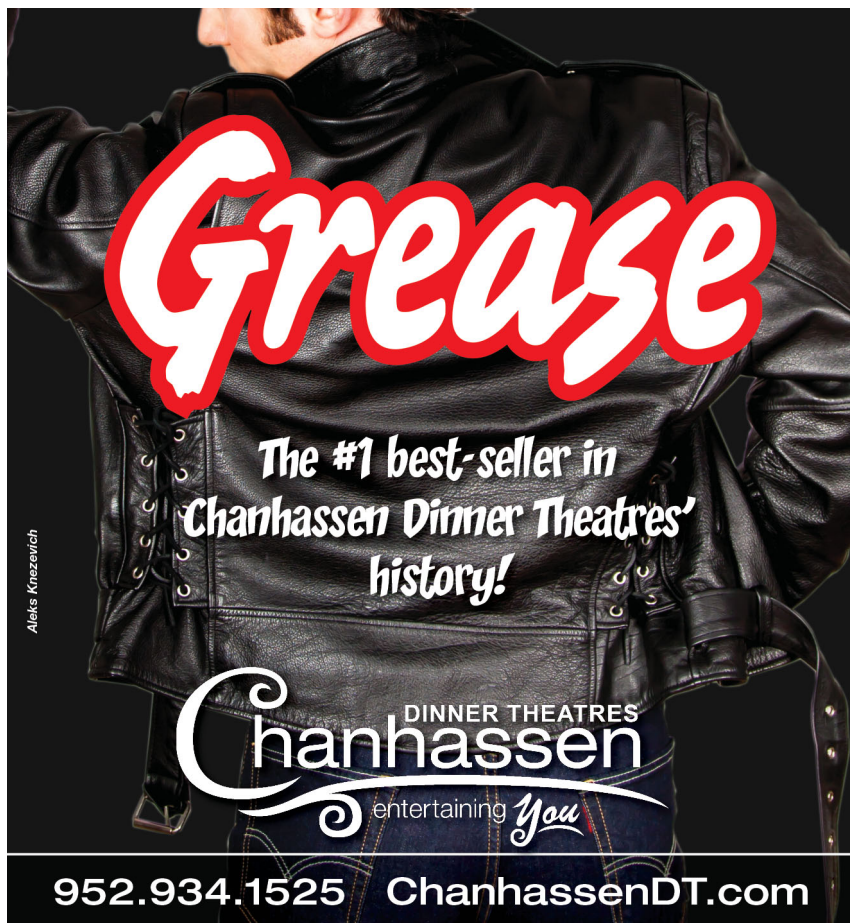
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REVIVAL ST. PAUL

You've already fallen hard for Revival's fried chicken. Now head over to Revival St. Paul for their new BBQ menu, where the brisket is king, the pork belly is so decadent it's almost intimidating, and the pork shoulder eats like meat candy. Chef Thomas Boemer has thought long and hard about sourcing and technique, and it shows. The beef is close to as good as it gets in the business: certified Angus, "never ever" treated with hormones and antibiotics, and humanely raised. The end product means a deeply marbled cut, touched with Boemer's expertise in powerful smoke and flavor. Get these things, along with their full lineup of Southern sides. Whatever you do, do not miss the ethereal drop biscuits.

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BARK AND THE BITE

You gotta love the plucky tenacity of guys willing to sell barbecue out of the back of a convenience store. In fact, it's in this sort of gritty perseverance that the true spirit of the craft lies. And so we love to tout Bark and the Bite, who also have a food truck by the same name. Head over to Sunny's Market in Northeast and push aside the Cheez-its and Hostess in favor of far mightier munchies. We love that they're serving Jackfruit, a vegetarian natural wonder that takes on the texture and flavor of meats when treated as such. The twice-cooked dry rub wings are also a triumph, or go for Tennessee hot, smoked and fried in duck fat. One hundred percent not vegetarian, one hundred percent delish.

2207 University Avenue NE, Minneapolis
612-470-2275 | www.barkandthebite.com

FAT CHANCE

Take a chef who knows a thing or two about hard times and wants to help others out of theirs, and toss in some smoked meat piled on big old sandwiches for a fair price. That's Fat Chance, a new sandwich spot in a far-flung and underserved strip mall in Brooklyn Park across the street from North Hennepin Community College. Brain food looks a lot, well, fattier with house-smoked pulled chicken covered in fried onion petals, cheese sauce, and coleslaw. The owners' nonprofit work with homeless





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HANDSOME HOG

If your idea of smoked meat includes a hundred bourbon labels, Benton's Bacon in the mac & cheese, and a charcuterie bar, then Handsome Hog is your place. While purists may head for the barrel smoker in the parking lot, if you're the kind of guy who gets dressed for dinner, Handsome Hog has got you. The menu can be described as comprehensive, so there's a little something for everyone here. Chef Justin Sutherland describes it as "Contemporary Southernish," so they're not at all boxed in by tradition or genre. Still, our fave way to go here is the smoked beef brisket, where sexy slabs of meat are planked upon each other and accompanied by Texas toast, house pickles, and sweet corn. It's the house specialty, and when it's gone it's gone. Sprinkle on a little (or a lot) of Crybaby Craig's hot sauce to seriously up the ante. Add a wedge salad with bacon lardons and pimento cheese with Ritz crackers for a folksy spread in stylish surrounds. Do not forget the bourbon. They do beautiful things with brown liquor.

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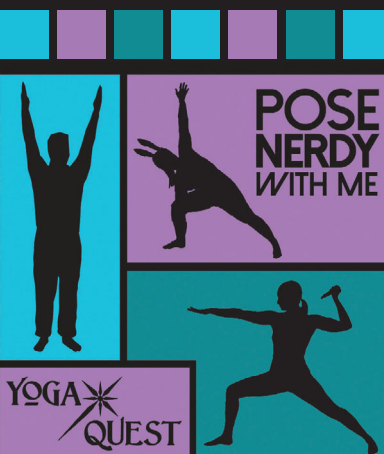
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You know how this works, right?

The pop-up becomes the food truck, and the food truck becomes the restaurant.

Or, at least many of our scrappiest, most dedicated food people have done it this way. These are the folks who may not have big money backing them, but they want it. And they're willing to start from humble roots to get it: on tables under tents, and sometimes without tents, too. These are the hustlers.

SOUL 2 GO

Kesha Dent and her mom, Arlen Davis, run this soul food truck that's popping up all over the place, especially at breweries. They're the ones making this little bit of magic: mac 'n cheese empanadas. Also, watch for their "Sunday Plate," with all the things: smothered chicken, mashed potatoes, cabbage, cornbread, mac & cheese, and empanadas with a guava dipping sauce. On one plate. From a food truck.

Now, just find out where they're parking next and see if there's a vacant apartment nearby.

www.facebook.com/612Soul2Go

CAJUN TWIST

Good Cajun food is difficult to come by around here. So difficult that people will travel for it and organize their schedules around finding some. Cajun Twist used to be available as a pop-up only on Wednesdays, so they called themselves "Hump Dayz," but with an upcoming food truck and more pop-ups in the meantime, you can get their stuff on a lot of other days, too.

They claim the best gumbo in town, red beans and rice, Muffulettas, and even family-recipe pecan candy, plus lots more.

Also, those of you in search of the ever-elusive fried catfish, Cajun Twist will have it, right next to some bomb hushpuppies, on their food truck. Watch for it in the spring.

www.eatcajuntwist.com

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This husband-and-wife team has a food truck specializing in tostadas. Remind me why nobody else is specializing in tostadas?



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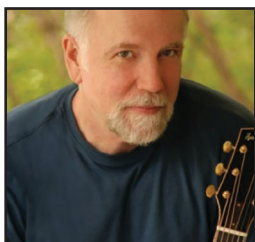
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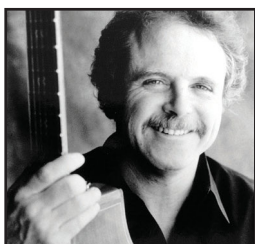
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and St. Paul right now, and the owners
say they had some ordinances changed
to be able to operate at night. So if you’re
stumbling around after the sun goes
down and you come across the irresist-
ible aroma of grilling tube meats, you
have Top Dog to thank.

Their plan is also to open a chain of
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lis. We’ll keep you posted.

www.facebook.com/topdogsandmore

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callaloo, and even ackee with saltfish
and other difficult to come by Jamaican
treats. Check out their Facebook page to
get a load of that Airstream.

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—MECCA BOS

Sneak peek of Bellecour, Gavin Kaysen’s French bistro in Wayzata

The abridged tale of Gavin Kaysen:
Minnesota boy goes to New York. He
becomes a very talented name chef, and
then returns to Minnesota. He opens
quite possibly the splashiest restaurant
the Twin Cities have ever seen, and then
starts working on another, this time in
the picturesque city of Wayzata.

Unless you are the type of foodie who
keeps a keen eye on the New York City
dining world, you likely hadn’t heard

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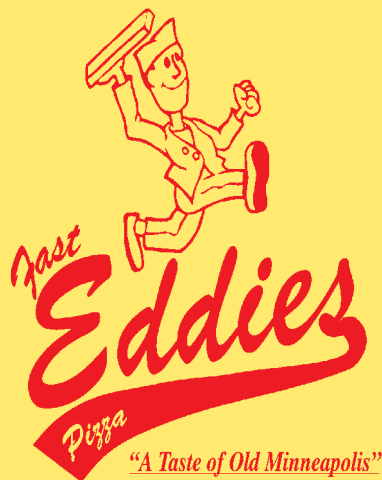
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the name Gavin Kaysen until about two years ago. Then, you couldn't stop hearing the name Gavin Kaysen. Gavin Kaysen was everywhere. Aside from Tim McKee and Steven Brown, who've been on the scene for decades, Kaysen probably has the most recognizable chef name in town.

Gavin Kaysen, Gavin Kaysen, Gavin Kaysen!

It was, unsurprisingly, too much hype to live up to. And at first bite, Kaysen's Spoon & Stable was largely billed as good, but not otherworldly good.

Now that it's gotten its footing, Spoon & Stable is by all accounts an excellent restaurant, one that hosts the world's biggest names in food to raise vast amounts of money for charity. One where the chef sits as vice president of Bocuse d'Or, the world chef championships. One where quite literally the world's finest chefs (Thomas Keller, Daniel Boulud, Grant Achatz) are just a phone call away.

Which brings me to what is probably the most important point about Gavin Kaysen and his impact on our dining scene: As he builds his second restaurant, Bellecour, a true classic French bistro, he's got all those connections at his fingertips.

As he watches the construction of the front retail bakery area for pastry chef Diane Yang, our local high priestess of sugar, Kaysen can (and does) have her go to Thomas Keller's Bouchon bakery in New York City and learn how the super, super big dogs do things. And then she can bring those tricks back to little old Minneapolis.

This is the really exciting part. Because if you want to book a ticket to New York to get a really proper French boulangerie Madeleine, or an eclair, or a slice of Opera cake, you can. But soon you'll only have to go to Wayzata because Bellecour will have all that.

Kaysen is really fond of the space, having grown up near there. When we visited, the old Blue Point space on Lake Street was still a construction zone, the projected March opening date still a ways off. Though it was difficult to envision the place beyond the exposed beams and drywall, Kaysen could totally see it.

"It's the polar opposite of Spoon," he says of the design. Lots of chartreuse and amber and a big pink and purple mural on the east wall.

Other design elements include an exposed kitchen, a chef's table, and a big



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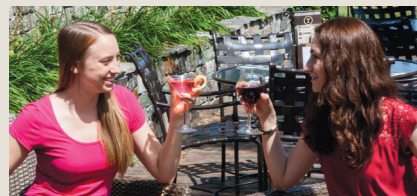
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old bar for bar manager Robb Jones to do what he does best: classic cocktails done to precision. Longtime local wine director Nico Giraud will head up the vinos, which is cool because in addition to his grape knowledge he's a true hospitality pro, "a dying breed" as Kaysen puts it.

As far as the menu is concerned, Kaysen is emphasizing French bistro classics, like foie gras terrine and escargot en croute, and dishes that "literally have three ingredients and must be of really high quality because we can't hide behind anything."

In this moment, they're hiding behind a construction fence. But not for long. The kitchen equipment is about to be delivered. They've got a cookbook in the making due to be released next year. Bellecour is gonna be fancy. Not a pin-ball machine in sight.

As the local and national dining scene becomes ever more casual, Kaysen is sticking to what he knows. That is, what's classic, French, and proper. He's zigging when others are zagging. As we get to know this native son a little better, we can say with a little more confidence: "That's Gavin Kaysen."

The chef has a small restaurant empire on his mind, which will possibly expand regionally, and possibly even back to New York. But first things first: Bellecour opens in March.

739 Lake Street E., Wayzata

—MECCA BOS

What happens when a restaurant hits hard times? Three owners chime in

It's a dirty little secret that's not really so secret.

And yet, independent restaurant owners have to be mum about it anyway. They have hard times. Really, really hard times, where they sometimes even have to entertain the idea of shutting the doors. But they can't tell anyone, because it might look like they are having hard times.

"You sort of have to suffer in silence," says Sarah Harms-Master, whose restaurant Mr. Roberts in Pengilly, Minnesota closed last year. "It's embarrassing. You want to keep up your airs."

"Keeping up airs" is in part what keeps restaurant ownership looking

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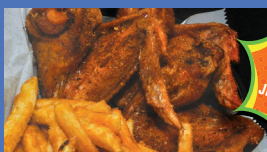
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glamorous. A restaurant has to always look shiny, new, exciting, and most of all successful, so that it can continue to attract customers, who, after all, go in part for a fantasy.

Angelo Pennacchio has owned Minneapolis' Bar Luchador since 2015. Like almost all indie restaurateurs, he was seeing the realization of a lifelong dream. "My mom still has my frigging 'Angelo's Cafe' typewritten sign up on the wall."

And he repeats the very same mantra I hear from most independent owners, even the ones who've loved and lost: It's the most difficult thing in the world, and the most rewarding.

Still, hard times are a very hard, very real reality. Pennacchio recently had to swallow some pride and put up a plea on Facebook for new customers to take advantage of a Groupon, and to please visit the restaurant. It read:

"Hey everyone! I'm a proud dude, so it's super embarrassing to admit that the end of December/January has been a really hard month at Luchador. I don't love Groupon but I would absolutely love if the people I love took advantage of this awesome deal and came and enjoyed the restaurant for super cheap!"

There's that word again: embarrassing. "I hated writing that post," he tells me. But, he said, if it encouraged people to come out who hadn't been in, then perhaps some good could come out of it.

Bar Luchador is located in Stadium Village, so when school is out, it's especially tough financially. Plus, he says, the weather is crummy in January, and people are trying to stick with their New Year's resolutions to eat and drink less. He calls it a "triple whammy" for the restaurant.

Meanwhile, he's struggling to retain good employees while business is down, so even though he can and does do quadruple duty as cook, bartender, server, and dishwasher, there's only so much staff trimming he can do. He has to make sure those people can continue to make the money they need to live and to stay working there.

He knows that business will be back up soon enough, but in the meantime he pivots, he's nimble, he wears all the hats. "You don't think about it day to day or you'd drive yourself insane," he says.

But the day-to-day business can be the difference between keeping the doors open and not. I've had owners tell me off the record that even one bad week could ruin them.

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hour and a half in the restaurant and either like it or hate it and then go online and bash my life,” says Harms-Master, laughing wryly. “You spend every ounce of your life there. It’s hard to take even one day off.”

The always entertaining Eddie Wu of Cook St. Paul, one of our most vocal and honest restaurateurs (“I have no shame, all my dignity is already gone, you can’t humiliate me anymore,” he half jokes), says retaining the illusion of success while struggling runs deep.

He tells me a story of writing what he thought was a private letter to a magazine that featured his restaurant, thanking them and explaining how thin the margins can be, and how a little press can make all the difference. Unbeknownst to him, it ran as a letter to the editor. He got calls from other restaurateurs, thanking him for speaking out about the delicate subject. He had no idea that he had, but he says it illustrates how unwilling most owners are to admit that hard times happen.

“Nobody wants to hear about the owner who is working 80 hours a week and making less than the dishwasher. It ruins the dream.”

Harms-Master and her partner wound up launching a Go Fund Me page in a plea to save their restaurant. She had already sold her house and tapped out her savings account, and there was nothing left to do, they figured. They actually ended up making their goal, and it still wasn’t enough. The restaurant closed anyway.

“You have no idea how much money you have to spend,” she says. “It’s pretty epic.”

Epic or not, Wu doesn’t think he’s speaking only for himself when he says it feels “shameful” to ask for help, and while other businesses have alternative avenues for assistance when times get lean, the belt tightening all falls back on the owner.

At his place, the servers are tipping out the cooks so that they can make a higher hourly wage. In gratitude, Wu takes fewer shifts on the floor so that the servers can recoup the money that they are passing on. Which means less money for Wu (and for his family). It’s just how it goes.

Pennacchio can relate. He says he can always tell how well (or not well) the restaurant is doing based on how fat the stack of his own personal payroll checks is—the ones he hasn’t cashed.

If there’s a bright side to any of it,

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Pennacchio says the lean times make him take a hard look at the product, figuring out where he can tighten the slack. He says that he's heard feedback more than once that "hey, the food is tasting better than ever" after a particularly tough stretch.

Though she admits she must be a glutton for punishment, Harms-Master says she'll do it again if she has the chance, and she'll know what to do differently this time around. She's currently running the kitchen at Red Stag if you want to get some of her cooking in the meantime.

As for Wu, he says if he had to do it all over, he might go back and work as a bathroom attendant at a strip club again.

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—MECCA BOS

Can Can Wonderland:
Drink a craft cocktail
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Midway neighborhood

While the North Loop in Minneapolis and Lowertown in St. Paul remain magnets for new businesses and restaurants, lately our ever-expanding food and drink scene is venturing into more underserved parts of town.

Places like Augustine's setting up in an old laundromat on Selby Avenue means more vibrancy all over the place and not just the uptowns and downtowns.

But what about transforming an old Spam canning facility into a psychedelic playland full of pink fuzzy monsters, vintage pinball machines, live music, mini-golf, cotton candy, and Fig Newton adult malts? What power does that have over the neighborhood in question?

As you drive down industrial Prior Avenue off University, you might start looking askance at your Google maps, assuming the old phone GPS has led you astray again. It hasn't. Once parked, descend into the strange, cold depths of what seems like an old vacant warehouse, and when you start spotting the colorful graffiti and murals, you'll know you've found it.

"It" being, well, it's hard to say. Can Can Wonderland is weird, funky, odd-ball. If you love the thrill of going to a party where someone has bothered to infuse things with a little circus-like

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color, then you're gonna love this. Why let an ugly old warehouse sit empty when you can make art and hot dogs and boozy snow cones instead?

The founders are a collective of creatives, the people behind such Twin Cities art projects as Walker Artist Designed Mini Golf, the Ten Second Film Festival, and Soap Factory's Haunted Basement. Bittercube is of course taking care of the cocktails, and Mise en Place (what Bittercube is to cocktails, Mise en Place is to food) is doing the food.

The food is no small matter here, considering that there is no proper kitchen, and no ventilation system, which means no oven, burners, or fryers. They're working with what they've got, namely some popcorn machines, hot dog rollers, sandwich presses and the like.

So, check it out: concession food. Not elevated concessions, not farm-to-table concessions, just the old-school stuff of your childhood.

Hungry? Get a hot dog. Actually, they've gone a little bit further than that, as far as they can go with their limitations. You can get mac & cheese piled on your dog if you must, or guac, or banh mi pickles. Toasties, nachos, and mini donuts round out the list, plus a smattering of salads for the veggie-minded.

But the real draw in the refreshment department is drink, where two bars provide a dispensary of wackadoo wonders.

While the Bittercube guys can certainly do craft cocktails, all prim and proper, they seem more in their wheelhouse when things get weird. Can Can is designed for getting in touch with your inner child, so they went full-fledged juvenile with the drinks menu. Juvenile with alcohol, of course.

Adult sno-cones, malts, and sodas anchor the menu, with bourbon and bitters poured right over crushed ice, or Fig Newtons, brandy, and caramel blended into ice cream and served in a glass roughly the size of a fish bowl and garnished with edible gold glitter and purple sprinkles.

It's fun. And let's face it, we need some damn-good fun right about now.

These things can also be made virgin, and since Can Can is kid-friendly by day, a "library of cereal malts" is excuse enough to get in line with the wee ones right this minute. Pick a cereal and the Bittercube crew will make a malt out of it.

Or perhaps you'll try some cheddar cheese ice cream. What can be said? You just gotta try it.

Or just grab a hot pocket or a Heggies



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And if you can't have fun here, you better call the doctor, 'cuz you got a hole in your soul.

—MECCA BOS

New breweries for St. Paul and Minneapolis

There are already over a hundred breweries in Minnesota, but if that's not quite enough, two more are coming soon, one for St. Paul and another for Minneapolis.

UTEPILS BREWING CO.

Utepils is apparently a Norwegian word for the "anticipation and longing for the first beer enjoyed in the sunshine after a long, cold dark winter." What a word. And don't we know it? In that spirit, Utepils Brewing Co. will include an 11,000 sq. ft. beer garden, and an 18,000 sq. ft. taproom within (because as much as we love beer in the sun, we're nothing if not realists around here).

The Theodore Wirth Parkway area brewery opened February 18, and the beer will eventually be available in stores and on tap in local bars. They'll specialize in European-style bright, blonde beers.

225 Thomas Avenue N., Minneapolis
www.utepilsbrewing.com

12WELVE EYES BREWING

If you're gonna have a brewery, you gotta have a clever name to go with it. This new downtown St. Paul brewery by three bespectacled guys, Elliot Grosse, Karl Eicher, and Dalton Buchta, will be called 12welve Eyes Brewing. (Get it? "Four-eyes" times three.) The brewery, in the Pioneer Endicott Building, will specialize in small-batch brewing, and an adjacent alley will give it room for food trucks, and possibly a patio. It's slated to open sometime this summer.

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